



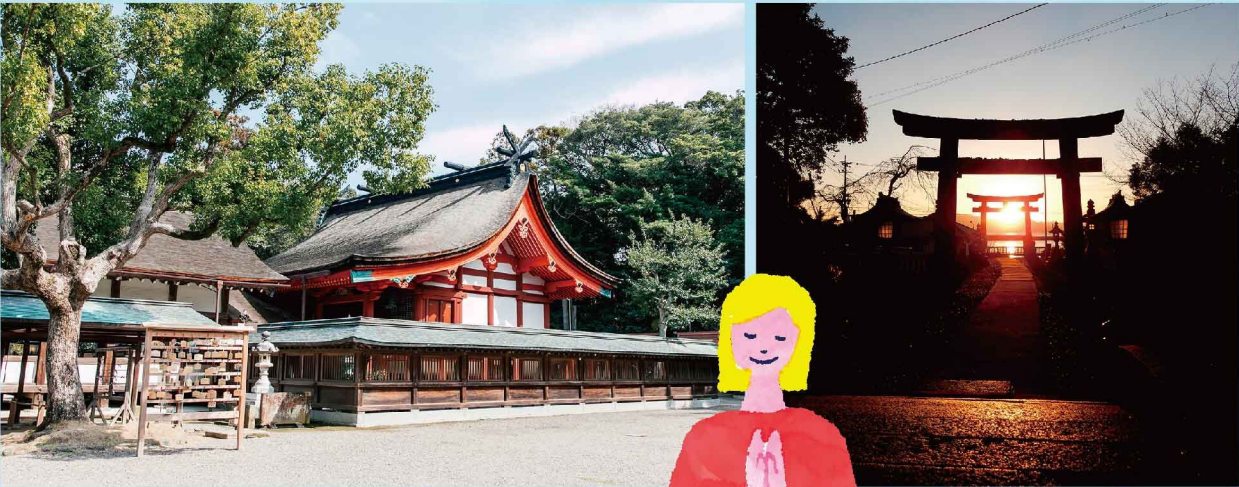
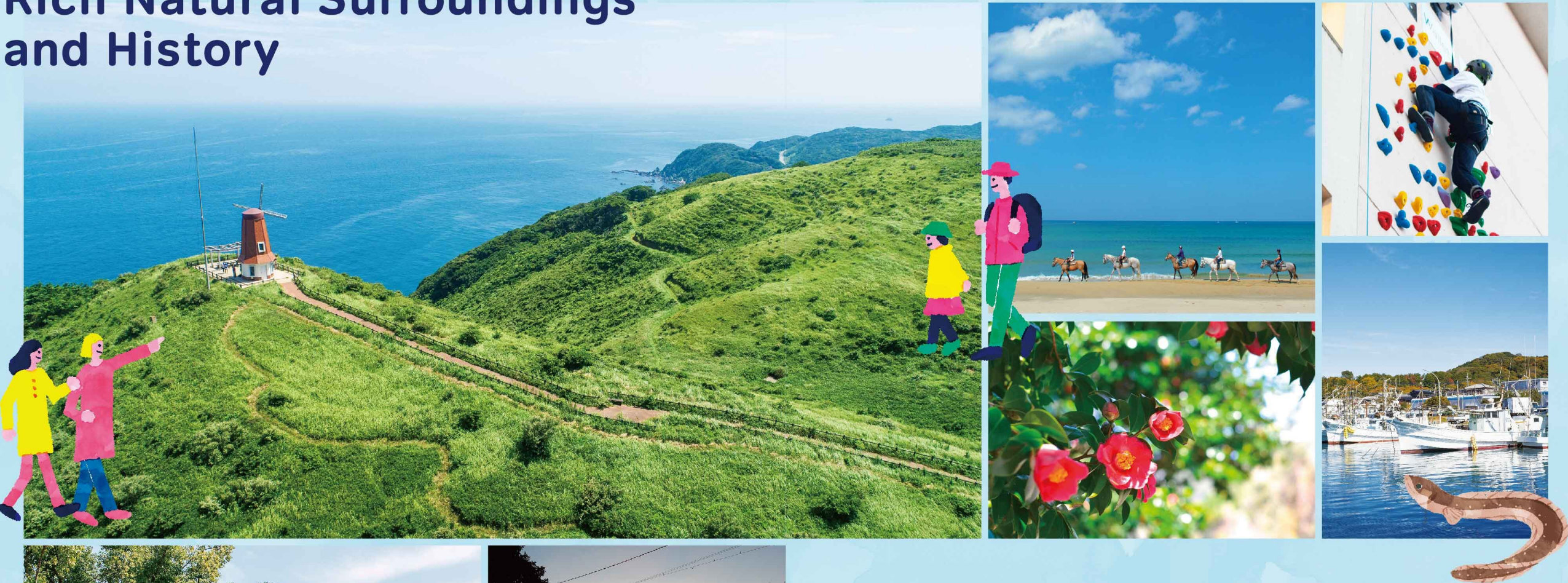
Munakata City
Sightseeing
Guide

Make Your Trip to Munakata More Enjoyable

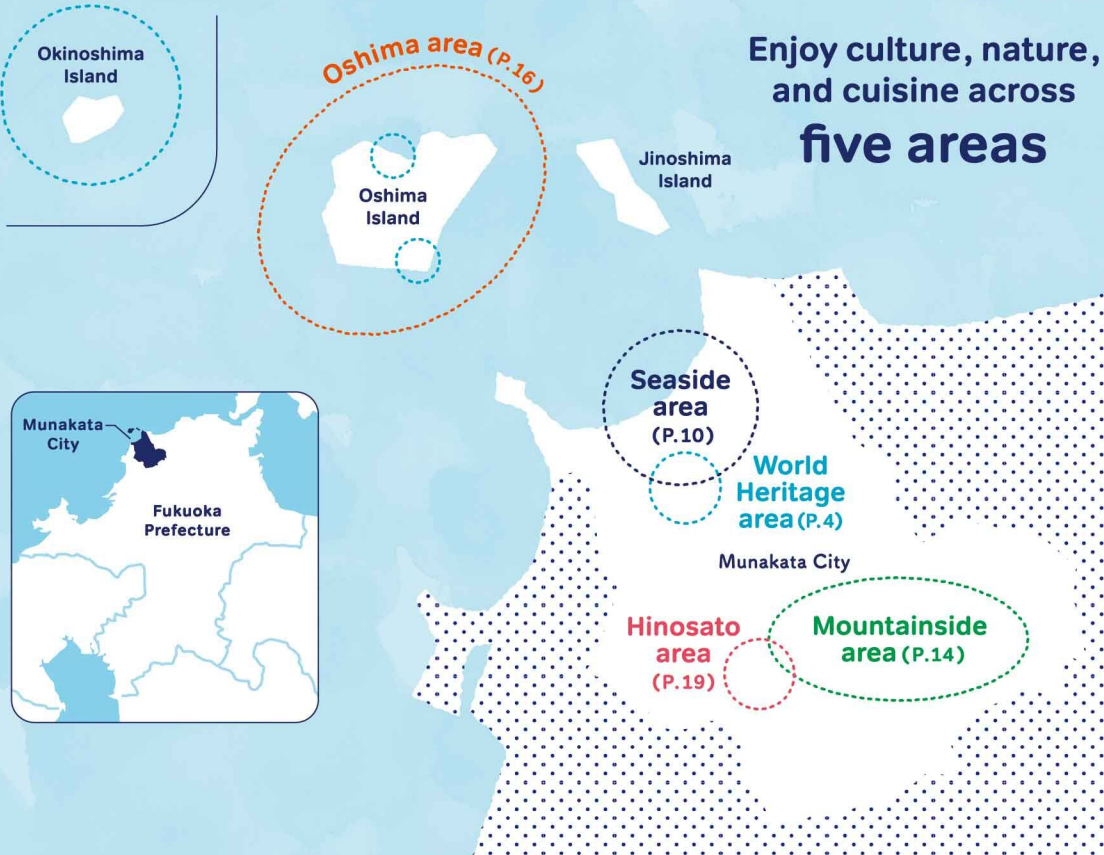
MUNAKATA GUIDE BOOK

Published by Munakata City 2025

Rich Natural Surroundings and History



Munakata City is surrounded by mountains on three sides, with the other facing out toward the Genkainada Sea, which links with the rest of the Asian continent. With its abundant natural surroundings, a wealth of seafood and mountain delicacies, and world cultural heritage sites rich in history and faith, this city offers an array of captivating attractions. Set out on a journey to encounter one-of-a-kind experiences and stunning landscapes that exist nowhere else.



"Island Home to the Gods"

Sacred Island of Okinoshima
and Associated Sites in the Munakata Region



The "Sacred Island of Okinoshima and Associated Sites in the Munakata Region" was registered as a UNESCO World Heritage site in July 2017. The traditions of faith and culture, which have evolved and been inherited since ancient times, are still carefully safeguarded today.

What is the "Sacred Island of Okinoshima and Associated Sites in the Munakata Region," registered as a World Heritage site?

This refers to a total of eight heritage sites: the three Munakata Taisha shrines (①②③), Koyajima, Mikadobashira, Tenguwa (④⑤⑥), the Munakata Taisha Okitsu-miya Yohaisho (⑦) on Oshima, and the Shimbaru-Nuyama Mounded Tomb Group (⑧) on the mainland.



Located on Okinoshima, where the entire island is considered an object of worship
Okitsu-miya, Munakata Taisha



Embedded in the lives of the people of Oshima
Nakatsu-miya, Munakata Taisha



Maritime parade praying for safe travels at sea and abundant catches
Miare Festival
(Held October 1, every year)

On the first day of Munakata Taisha's autumn grand maritime festival, the Miare Festival takes place. Gasp at the spectacular sight of over one hundred fishing boats, adorned with *tairyo-bata* (banners hoisted signify a rich haul) as they flank two sacred vessels sailing across the sea.

The "Three Female Deities of Munakata" originated from the agreement between Amaterasu Omikami and Susanoo-no-Mikoto. Tagorihime-no-Kami is enshrined at Okitsu-miya (Okinoshima), Tagitsuhime-no-Kami at Nakatsu-miya (Oshima), and Ichikishimahime-no-Kami at Hetsu-miya (the mainland). Revered as guardians of all paths, they are often visited by those seeking guidance when they feel lost.



SPOT 2 munakata chayu



After visiting the shrine,
take a rest at this cafe spot

Opened in 2023, this cafe serves as a rest spot for shrine visitors. Why not pick up the specialty "kimochi" named after the Three Female Deities of Munakata as a souvenir?

- 📍 106 Fukata, Munakata City
- ☎ 050-8887-2672
- 🕒 10:00~16:00
- 📅 Saturdays, Sundays, and holidays / 9:00~17:00
- ⊗ No regular holidays

*Operating times may change during busy periods.
For details, check the official Instagram account (@munakata_chayu).

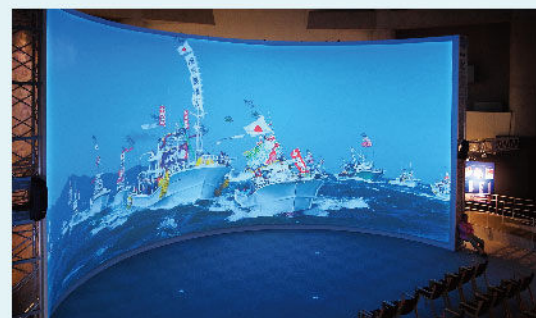
SPOT 1 Hetsu-miya, Munakata Taisha

Start your trip with the main shrine of the Munakata Taisha

Visitors flock to this shrine dedicated to Ichikishimahime, praying for safe travels, protection from misfortune, and blessings for their vehicles. Some 24 smaller shrines (Setsumatsusha) are dotted around the immediate vicinity of the Main Hall, deifying 121 gods. If you're looking for a talisman, charm, or a goshuin (temple stamp), this is the perfect starting point!

📍 2331 Tashima, Munakata City ☎ 0940-62-1311

SPOT 3 Uminomichi Munakatakan Museum



Enjoy learning about the history
of Okinoshima and Munakata

A World Heritage information center located directly in front of Hetsu-miya. We recommend getting a deeper understanding of the area by exploring a 3D landscape of Okinoshima, and checking out dioramas of ancient burial mounds and numerous other exhibits, before visiting Munakata Taisha.

- 📍 588 Fukata, Munakata City
- ☎ 0940-62-2600
- 🕒 9:00~18:00
- ⊗ Closed on Mondays (or the following day if this is a holiday), year-end and new-year holidays

Points to Look Out for at Hetsu-miya, as Told by a Shrine Maiden



Charge up your energy
at the Takamiya Saijo at the
end of the approach path

The warifumamori (split charm), where you write your wish and then split the charm in half.

This ancient ceremonial site, thought to be the location where Ichikishimahime descended, is a rare example of a shrine without a hall. Rituals are held here monthly, with the evening Kagura dance (Yukyu Mai) performed on the final day of the Autumn Grand Festival (October 3).



Pay your respects to all three shrines,
by visiting the Secondary Shrine and
Tertiary Shrine

The old shrine buildings of Ise Grand Shrine (Ise Jingu) were moved here. The Secondary Shrine houses the spirit of Tagorihime, while the Tertiary Shrine enshrines the spirit of Tagitsuhime. Visiting these two shrines is seen as paying homage to Okitsu-miya (Okinoshima) and Nakatsu-miya (Oshima).



Tsukinami Festival - A regular ritual held twice a month

Sacred rituals take place on the 1st and 15th of every month at the Takamiya Saijo and other facilities on the premises, and many people visit every month. These ceremonies are open for public viewing.



Four-meter large coiled rope made by the island residents

A large coiled rope, spanning some 20 cm in diameter and 4 meters long, adorns the front of the main hall of Hetsu-miya. It is crafted by local residents in Oshima every year in late November.



The luminary behind the restoration of Munakata Taisha, which had previously fallen into disrepair

Sazo Idemitsu was the founder of Idemitsu Kōsan petroleum company and a Munakata native. He invested his own wealth into the compilation of the *History of the Munakata Shrine* and the restoration of its main hall.



Why did the site become renowned for deifying the "deity of safe travels"?

This comes from its significance as a key location for maritime trade and travel during ancient exchanges with the continent, as well as the reference in the *Nihon Shoki*, where the Three Female Deities of Munakata are called "Michinushi-no-muchi", the supreme gods of the paths.

For those who want to learn more about what is not mentioned in the Guidebook!

Munakata Historical Tourism Volunteer Association



English interpretation available

Volunteer guides who have completed the city's training course will guide you through the World Heritage sites. For more details, please visit the website.



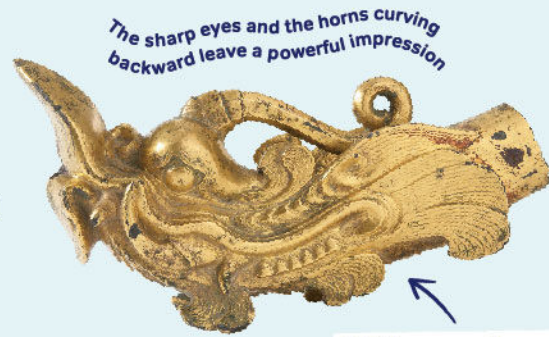
[Contact]

g2@genkai.com
(Munakata Tourist Information Lab)

Don't miss it!
80,000 National Treasures

National Treasures in the Shinpokan Museum

Located on the grounds of Hetsu-miya, the Shinpokan Museum contains historical artifacts related to Munakata Taisha. Notably, all the offerings unearthed from Okinoshima have been designated as National Treasures, amounting to a total of 80,000 pieces! These treasures are displayed periodically, with new items rotated regularly.



The sharp eyes and the horns curving backward leave a powerful impression

Gilt-bronze dragon head ornaments



Depicts a sideways beast statue in motion, as if running.

Triangular-rimmed deity and beast mirror



A high-quality imitative mirror from the early Kofun period*

Mirror with Design of TLV Shapes and Band of Half-Circles and Squares

* A bronze mirror that imitates mirrors originally produced on the Chinese mainland

Decorative metal fittings hung from a leather belt used to adorn a horse

Shin'yo-gata Harness Pendants



Kyokuyo-gata Harness Pendants



Steatite human-shaped Figure

Adorned with floral patterns cherished by the Silla royal family



Gold Ring



A mix of colorful beads frequently found on Okinoshima

Usudama Beads and Round Beads

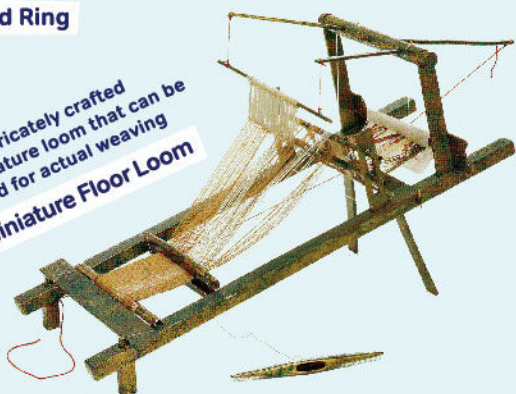
Fired for state rituals to pray for safe voyages

Covered Jars



An intricately crafted miniature loom that can be used for actual weaving

Miniature Floor Loom



SPOT 4 Shinpokan Museum

2331 Tashima, Munakata City
0940-62-1311
9:00~16:30 (Last Admission:16:00)

SPOT 5 Nakatsu-miya, Munakata Taisha

Located at the foot of Mt. Mitake on Oshima

This shrine, dedicated to Tagitsuhime, stands across the sea from Hetsu-miya. A river symbolizing the Milky Way runs through the grounds, with "Shokujo Shrine" on the left and "Kengyu Shrine" on the right. Known as the birthplace of the Tanabata legend, it is renowned for its blessings related to matchmaking.

1811 Oshima, Munakata City 0940-72-2007



Look upon Okinoshima from "Okitsu-miya Yohaisho"

The Yohaisho offers a view of Okitsu-miya on Okinoshima, where entry is restricted. You might even get a glimpse of Okinoshima from here on a clear day.



Tanabata festival celebrated since the Kamakura period

Held annually on August 7th, the whole island is brought to life with the Tanabata festival atmosphere as the island is covered in decorations, stages, and stalls both inside and outside the shrine grounds that have been set up for the festival.



Entry prohibited!

SPOT 6 Okitsu-miya, Munakata Taisha

The shrine hall, isolated by a wall of giant rocks, is off-limits to anyone other than the priests

Okinoshima is regarded as a sacred entity, with a shrine situated at its center. The island, which has remained preserved and undisturbed for more than 1,000 years, has yielded artifacts that are all designated as national treasures. Only priests are permitted to land on the island, and access is prohibited to all others.

☑ A restricted area off-limits to visitors

Entry was fully restricted following the site's registration as a World Heritage site. Traces of rituals from over 1,000 years ago still remain today.

☑ Only priests of Munakata Taisha are let onto the island

Only one priest is allowed to enter the island at a time. Alternating every ten days, these priests perform a purification ritual by immersing themselves in the sea each morning to cleanse both body and spirit.

☑ Taboos that protect the sacred island

"What happens on the island, stays on the island," and "No tree, plant, or rock may be removed from the island," are just some of the longstanding rules that remain in effect today.



The Beautiful Genkainada Sea, and Delectable Treats from the Sea

Seaside Area

Nestled along the coast, this area features Konominato Port, which historically served as Munakata Taisha's outer harbor, and the Kanezaki Fishing Port, renowned for its high catch volume in the prefecture. Overlooking the Genkainada Sea, a prime fishing area in Japan, it acts as a key point for ferries to Oshima and supports local fishing activities. Experience the stunning blue waters that connect to distant lands, and savor the delicious local Munakata dishes.



SPOT
1

Road Station "Munakata"

The roadside station boasting
the highest sales in Kyushu

The store showcases a wide array of fresh seafood from the Genkainada Sea, locally sourced produce, and premium meats, all representing the best of Munakata's flavors. It also includes a restaurant that serves dishes inspired by the local fishermen and farmers, along with a bread workshop that uses rice from Munakata and Fukutsu to make rice flour-based bread.

◎ 1172 Eguchi,
Munakata City
◎ 0940-62-2715
◎ 9:00~17:00

⊗ Closed on the fourth Monday of the month
(or the following day if this is a holiday),
August 15~17, year-end and
new-year holidays

Bicycles available to rent in the seaside area
Munatabi Lab Rental Bicycle

FEE 1,000yen / 3hours 1,500yen / 1day
HOURS 9:00~16:00 (*Reception for rentals closes at 15:00)
[Rental area]
Munakata Tourist Information Lab
(Inside the Road Station Munakata)



1



Fresh fish direct
from Genkainada Sea
at discount prices



2



3



6



7



Homemade-style bento boxes
which are a favorite
among the locals



10



11



12



8



9



13



14



Also available
for purchase online



- | | | | |
|---|---|----|---|
| 1 | Easily accessible brand meats for you to enjoy at home
"Munakata Beef Stew" | 8 | Made with an extravagant serving of fruit straight from local farms
"Munakata Confiture" |
| 2 | Simply mix in with freshly cooked rice and serve!
"Munakata Chicken Kashiwameshi Mix" | 9 | A delicious side dish made by the popular catering service "Shidashi Fukuda"
"Munakata Simmered Beef" |
| 3 | The faint flavor of Oshima natural salt comes through to produce a refreshingly light taste
"Suppin Salt Cider" | 10 | A go-to seasoning that keeps customers coming back since it first hit shelves!
"Wakame Dressing with Oshima Natural Wakame" |
| 4 | Renowned for the wide variety of options to choose from
"Nakamaru Soy Sauce" | 11 | Annual sales of around 20,000!
"Nori Tsukudani with Natural Leaf Wakame from Munakata Oshima" |
| 5 | Produced by a popular cream puff specialty store using Oshima salt
"Munakata Cream Puff" | 12 | Features an irresistible sweet taste common to fishing towns!
The taste of a Munakata institution
"Bibian Fine Taicha Sauce" |
| 6 | An original Munakata take on the popular "Menbei" Fukuoka souvenir
"Munakata Conger Eel Menbei" | 13 | Made with smoked natural fish caught in Oshima
"Fisherman's Ochazuke (Tea-soaked rice)" |
| 7 | A whole daifuku mochi wrapped in pastry
"Sakashita Mochi Pie" | 14 | The taste of Kyushu, at home in every pantry!
"Maruyoshi Table Soy Sauce" |



SPOT 2 Chinkoku-ji Temple

A temple you want to keep coming back to see the changing seasonal attractions

Founded in 806, the first year of the Daido era, upon Kobo Daishi's return from China, this temple holds the distinction of being the oldest temple of the Shingon sect. Renowned for its stunning seasonal flowers, it is a popular destination often called the "Temple of Flowers and Prayers."

966 Yoshida, Munakata City 0940-62-0111

Views of the Seasonal Flowers



Around 300 cherry blossom trees of over 40 varieties (late March to early April)



A carpet of azaleas spreading as far as the eye can see (early April)



Around 20,000 red spider lilies (late August to mid-September)



Maples adorning the temple grounds (late November)

Approach to the Okunoin The 88-station pilgrimage road



Eighty-eight highly unique stone statues

SPOT 3 Canadian Camp Riding Club



Ride along the beach atop a steed

Some popular activities include "beach horseback riding", "mini trail rides", and "horseback archery", each providing a special opportunity to experience Munakata's natural beauty in exceptional environments.

44-1 Konominato, Munakata City 9:00~18:00
0940-62-1912 Closed on Tuesdays (or the following weekday if this is a holiday)

SPOT 5 Orihata Shrine



One of the Munakata Five Shrines, located at the Cape of Kanazaki

This historic shrine, surrounded by the sea, is situated at the top of a long staircase. From the shrine, you can enjoy stunning, secluded views of the sea from different vantage points.

224 Kanazaki, Munakata City

SPOT 4 Hokuto-no-mizukumi Seaside Park



Does the Big Dipper draw water from the sea?

Where a constellation of stars crosses the horizon's path

From summer to autumn, a rare celestial event occurs at night where the Big Dipper seems to extend into the sea and scoop up water. This location is perfect for experiencing this unique astronomical spectacle.

1278-1 Konominato, Munakata City

SPOT 6 Satsuki Matsubara



Go walking along the Matsubara shoreline

A scenic spot offering spectacular views of the surrounding pine forest and coastline, and has been selected as one of the "Japan's 100 Best Beaches with White Sand and Blue Pine." Make your way over to the observation deck to catch a glimpse of Okinoshima.

Eguchi, Munakata City

SPOT 7 Kanenomisaki Fresh Fish Market



Head over to the fishermen's co-op live fish market for the freshest catches in town!

Kanazaki Fishing Port, known for its top-tier catch volume in the prefecture, offers a variety of seasonal seafood for direct purchase. Popular souvenirs include handmade specialties like "Ika Shumai" (steamed squid dumplings).

778-6 Kanazaki, Munakata City Closed on Wednesdays
0940-62-1570

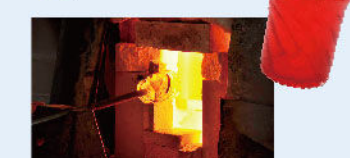


An assortment of fresh seasonal seafood sourced from Kanazaki.



Purchase freshly caught fish on the spot.

SPOT 8 Suikobo



A one-of-a-kind glass craftwork experience

This workshop offers hands-on experiences in painting and glassblowing, making it the only place where you can craft pieces featuring the striking "Okinoshima Vermilion."

2331 Tano, Munakata City
0940-62-0272



Walk around an elegant townscape

Mountainside Area



In this area, you can immerse yourself in a historic townscape that still thrives with everyday life. Savor local cuisine, browse for souvenirs, and enjoy a relaxed walk - the best parts of setting off to travel by foot. For those willing to venture a little further, there are also opportunities for sports and outdoor adventures nearby.

SPOT 1 Karatsu-kaido

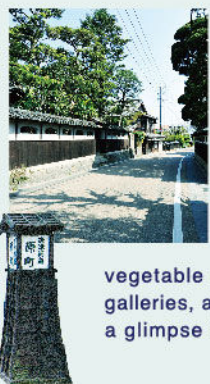
A vital artery that supports the comings and goings of people

This key transportation and trade route was first established during the Edo period (1603-1867), linking Kokura to Hirado in Nagasaki Prefecture, and played a crucial role in developing northern Kyushu's infrastructure. In Munakata City, about 5 kilometers of the historic road stretch from east to west, with the Akamajuku and Harumachi areas still retaining their old-world charm.



Have a wander across two towns

< INFORMATION > Akama-kan Visitors Center ☎ 0940-35-4128

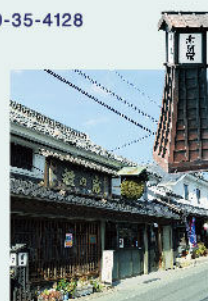


Harumachi

A streetside stopover that preserves the look and feel of the Edo period

This area has maintained its historical charm by installing lanterns and restoring traditional homes. The streets are lined with

vegetable markets, a soba eatery, art galleries, and an antique shop, offering a glimpse into both past and present.



Akamajuku

Take a moment to check out the fine details of the buildings, from the white walls to the lattice windows

Once a prosperous stop part of the "Chikuzen 21-juku" route, this town is home to numerous sake breweries and merchant homes. The birthplace

of Sazo Idemitsu can also be found on this street. In February, the town comes alive with the Akamajuku Festival and the opening of the sake breweries that line it.



Lunch and dessert using ingredients sourced locally from Munakata



Seasonal Parfait



Oshima Salt Ramen



Japanese Set Meal

SPOT 2 Akama-kan Visitors Center

A sightseeing spot you won't want to miss

Beginning your journey in Munakata here guarantees a fantastic experience, with a tourist information center, a history exhibit, a cafe and restaurant offering local ingredients, and a souvenir section showcasing regional specialties.

- ☎ 4-1-8 Akama, Munakata City ☎ 0940-35-4128
- 🕒 10:00~17:00 Dining/10:30~16:00 (Last Order/15:30)
- ⓧ Closed on Mondays (or the following day if this is a holiday), August 13~15, December 28~January 4

Souvenirs also available



Munakata Akamoku Somen Noodles



Oshima Salt



Oshima Munakata Confetti



Fumiko's Raw Yuzu Pepper

Make a reservation at least three days in advance for a chance to try on a kimono!



SPOT 3 Katsuya Shuzo

Japanese sake rooted in "the soil of Munakata"

Rooted in strong faith in Munakata Taisha, this brewery is known for sake brands such as "Okinoshima," dedicated as a sacred offering, and "Nara no Tsuyu," named after the shrine's revered tree.

- ☎ 4-1-10 Akama, Munakata City ☎ 0940-32-3010 🕒 9:00~17:30
- ⓧ Closed on Sundays and Mondays

Tours of the brewery held from April to September!



(Left) Junmai Okinoshima

(Right) Josen Nara no Tsuyu



SPOT 4 Izu Honten

The smooth taste of the finest ingredients

Established in 1717, this historic sake brewery revived the "Kamenoo" sake rice, which was nearly lost to time, and continues to craft it by hand, preserving traditional methods.

- ☎ 1060 Takemaru, Munakata City ☎ 0940-32-3001 🕒 9:00~17:00
- ⓧ Closed on Sundays and holidays, irregular holidays



(Left) Special Junmai-shu Kamenoo

(Right) Yume Munakata Special Junmai-shu



SPOT 5 Global Arena

A multi-function sports arena for individuals and groups alike

A complex with restaurants, a bakery, BBQ facilities, and much more. Accommodates up to 960 people. Entry is free.

- ☎ 46-1 Yoshidome, Munakata City ☎ 0940-33-8400 🕒 8:30~22:00
- ⓧ Irregular holidays



A remote island surrounded by sea, nature, and history

Oshima Area

Oshima is located a short 25-minute ferry ride from the Konominato Port Ferry Terminal, and serves as the nearest point to the Okinoshima World Heritage site. Rich in historical significance, this sacred island is home to the Nakatsu-miya and Okitsu-miya Yohaisho. It also offers abundant natural beauty, making it the perfect leisure destination.

The three main activities to try on Oshima



① 1822-4 Oshima, Munakata City
☎ 0940-72-2361
② April to October/8:00~17:00, November to March/8:00~16:00
ⓧ Closed on Tuesdays (or the following weekday if this is a holiday), December 28~January 4

SPOT 1 Umi-ing Oshima

A marine leisure where you just need to bring yourself!

This marine adventure facility offers a variety of activities, including offshore and pier fishing, sea kayaking, rowing, and underwater observation. With many of the required equipment available for rent, making it easy for families and beginners to join in the fun.



A large breakwater for fishing

A reservation-only offshore fishing pond



SPOT 2 Bravo! MUNAKATA OSHIMA



A thrilling off-road buggy ride

Experience the white-knuckle thrill of riding in a four-wheel buggy, and then check out the BBQ area

③ 2325-1 Oshima, Munakata City
🌐 bravo-munakata-oshima.com

SPOT 3 Canadian Camp Oshima



Get in touch with beautiful horses at the most scenic spot on Oshima

Explore pristine nature on horseback, and the breathtaking views from the saddle will surely remain a lifelong memory.

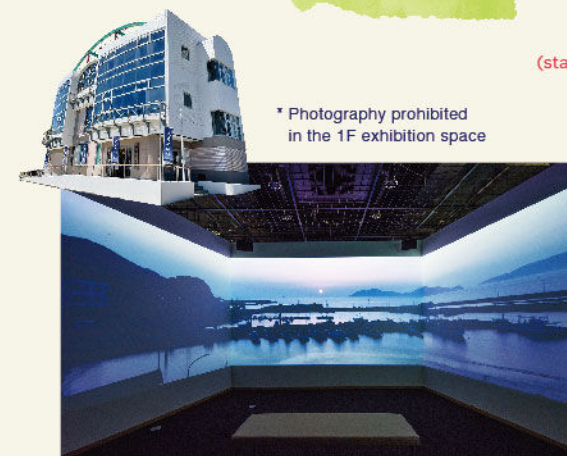
④ 2804-1 Oshima, Munakata City
☎ 0940-62-1912



SPOT 4 Kyushu Olle

A course that encompasses everything Oshima has to offer: From the mountains to the sea, and its World Heritage site

Experience the beauty of nature through trekking on the "Kyushu Olle" trail. The Munakata-Oshima route takes you through breathtaking landscapes, bringing you to the peak of Mt. Mitake, the highest point on Oshima, and the Nakatsu-miya, Munakata Taisha.



* Photography prohibited in the 1F exhibition space

SPOT 5 Oshima Culture Center

Learn about Oshima and Okinoshima's rich history and customs

Centered around the theme "Sacred Island & Guardian Island," this exhibit shares the folklore of Oshima and Okinoshima from the local residents' viewpoint. Visitors can explore the islands' natural beauty and history through 3D displays, unique artifacts, and informative panels.

⑤ 901-4 Oshima, Munakata City
☎ 0940-72-2797 ⑥ 10:00~16:00
ⓧ Closed on Mondays (or the following day if this is a holiday), December 29~January 3

Get around Oshima by rental cycle

Cycling is a great way to explore Oshima, letting you take in the changing scenery while lapping up the refreshing sea breeze. Electric-assist rental bikes can be rented at the Oshima Tourist Information located within the Oshima Port Ferry Terminal.

FEE 1,500 yen (1 rental)

HOURS 8:00 ~ 18:00

[Inquiries]
0940-72-2226
(Oshima Tourist Information)

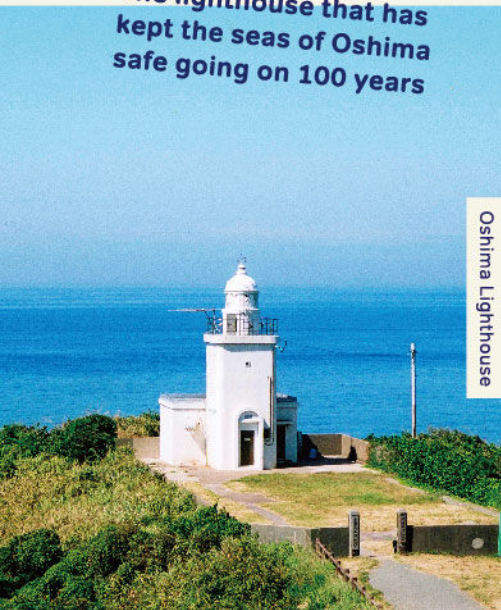
You can also get around Oshima by bus, taxi, or rental car. See P.27 for more details.



Oshima Scenic Photo Gallery

The island, encircled by the sea, offers breathtaking, almost painting-like views at every turn. Don't miss the chance to visit and experience these rare, stunning vistas that are unique to this place.

The lighthouse that has kept the seas of Oshima safe going on 100 years



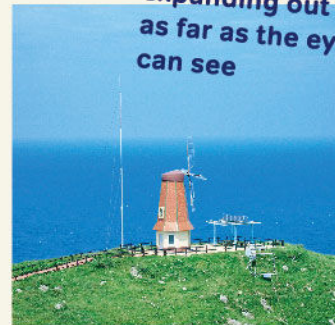
Oshima Lighthouse

Gaze at the setting sun at the westernmost point of the island



Sunset at Tsuwase

A sea of green expanding out as far as the eye can see



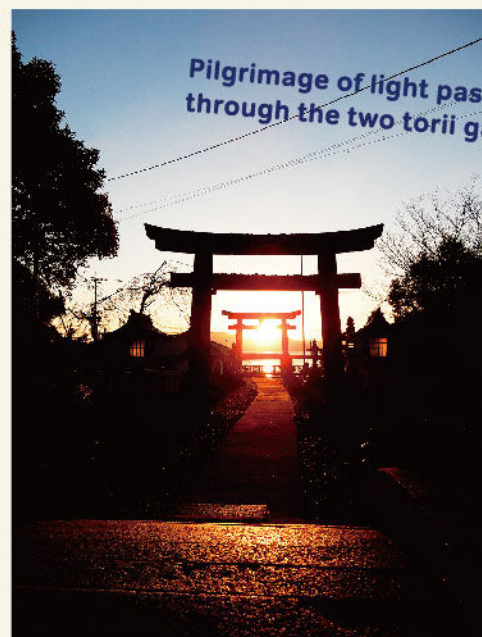
Oshima Windmill Observatory

A beautiful small island where pine green contrasts spectacularly against the crimson torii gate

Yume-no-sayoshima Islet



Morning sunlight at Nakatsu-miya



Pilgrimage of light passing through the two torii gates

Offering the closest views of Okinoshima when the weather cooperates



Okitu-miya Yohaisno



Mt. Mitake Vista Point

Altitude of 224 m, the highest point on Oshima

Passing down the sense of vibrancy of the local community to the next generation

Hinosato Area

The area surrounding Hinosato housing complex, one of Kyushu's largest residential complexes, was built almost 50 years ago, and is now the focus of the "Sato-zukuri 48" housing complex revitalization project. This initiative, designed to tackle present-day challenges and create a sustainable future for the community, has drawn interest from beyond the region.



Climbing the complex walls

SPOT

1

Hinosato 48

A community building project where nature and smiling people come together

Building 48 of the Hinosato housing complex, originally slated for demolition due to its age, has been refurbished. It has now been reimagined as a "community living hub," featuring a café, brewery, DIY workshop, daycare, and other facilities for local convenience.

📍 Hinosato Danchi 48, 5-3-98 Hinosato, Munakata City
☎ 0940-25-9299



Community Cafe "Midori to Yukari Hinosato"

Offering something for everyone, from wholesome meals and desserts made with Munakata's local vegetables for the adults, and a nostalgic candy corner for the children, creating a natural atmosphere sparking conversation.

A place for adults and children alike!!



Craft beer brewery Hinosato Brewery

Crafted in a room within the housing complex, this beer is made using Munakata-sourced barley. It boasts an authentic flavor that has earned recognition at international beer competitions. Its seasonal variations will keep you coming back again and again to try the different types of beer on offer.

Beer on tap in Room 101!!

SPOT

2

Munakata YURIX

A multi-function complex providing cultural and health activities for the community

A large, versatile park designed for both cultural activities and sports. It features a concert hall, planetarium, swimming pool, and spacious areas ideal for sports and events.

📍 400 Kubara, Munakata City ☎ 0940-37-1311

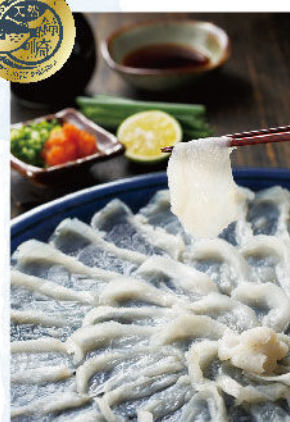


A treasure trove of food products

Feature on Gourmet Dining in Munakata

Gourmet

Munakata City, with its mild climate and rich natural surroundings, is home to a wide range of tasty ingredients! From diverse seafood caught in the Genkainada Sea, to cattle and chickens fed with specially chosen feed, as well as fresh, seasonal fruits, there's plenty to enjoy throughout the year.



Kanezaki natural tiger pufferfish

The pearl of winter delicacies, served up at fine dining restaurants

With its firm texture, sweetness, and distinctive flavor, this natural pufferfish is considered one of the finest. It is best enjoyed while in season from December to March.

Brand meat

Munakata Beef

Locally produced brand beef, delivering safety and peace of mind

This lean beef, sourced from cows fed with Kyushu-grown rice and homemade feed, boasts a deep umami flavor. It features a mild sweetness in the fat, a soft, tender texture, and a pleasant mouthfeel.



Seafood



Live squid

Delivers a rich sweetness and irresistible crunch

The squid swimming in the tank is freshly prepared right before your eyes, giving a translucent beauty and an unmatched freshness that seems to still move in your mouth.



Munakata conger eel

A variety of flavors with a unique local taste

Raised in the Genkainada Sea, this conger eel boasts a perfect mix of rich fat and firm meat. While delicious when steamed, grilled, or fried, the fresh sashimi is a specialty exclusive to Munakata.

Munakata Chicken

Free range chicken grown in rich green fields

This brand of chicken is raised in free range poultry houses and fed a diet of Munakata-grown rice and seaweed-based feed. The result is tender meat that's perfect for dishes like hot pot or crispy fried chicken.



Jinoshima Wakame

Served to the Imperial Household via Munakata Taisha

This premium wakame stands out for its vibrant color, hearty texture, and smoothness, all thanks to the abundant marine nutrients from the rough waters of the Genkainada Sea.

Oshima Akamoku

This dish is turning heads as a superfood packed with nutrients!

This seaweed offers a fresh, coastal fragrance and a distinctive, sticky texture. It can be served with ponzu sauce, added to miso soup, or used in udon, making it versatile in various dishes.



Kanezaki Spanish Mackerel

The secret to the delicious taste lies in the "fresh preparation method" applied on board the ship

To preserve its freshness and ensure it reaches stores and dining tables in optimal condition, the Spanish mackerel is quickly processed aboard the ship. The best time to enjoy it is from November to March, when its lean meat is complemented by a rich layer of fat.

Fruit

Strawberry

"Hakata Amao," grown with care by local farmers

Munakata's mild climate is ideal for growing brand strawberries, and there are strawberry picking farms where you can taste and compare different popular varieties.



Oshima Amanatsu

A specialty citrus fruit grown in mild warm weather

The "Amanatsu mikan" and "Horaikan" are in such high demand that customers flock to buy them straight from the boat. The handmade "Amanatsu jelly" also makes for a perfect souvenir.



Fig

A premium autumnal fruit that is sure to delight that special someone

The main variety cultivated is the Fukuoka-exclusive "Toyomitsu-hime" brand, recognized for its smooth, velvety texture and a sweetness level of 17 degrees.



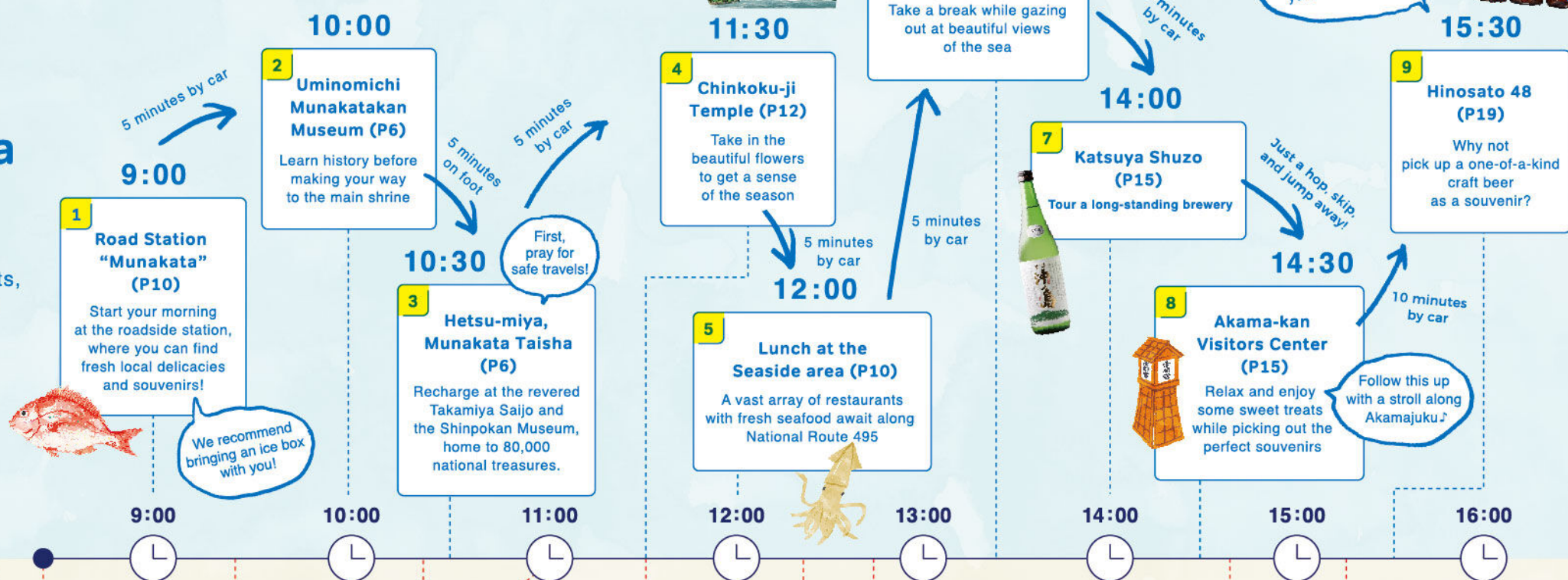
So much to see and do in a day!

Model Course

PLAN 1

Enjoy Munakata Drive Course

A classic course that hits up Munakata's main spots, making for a great time for all!

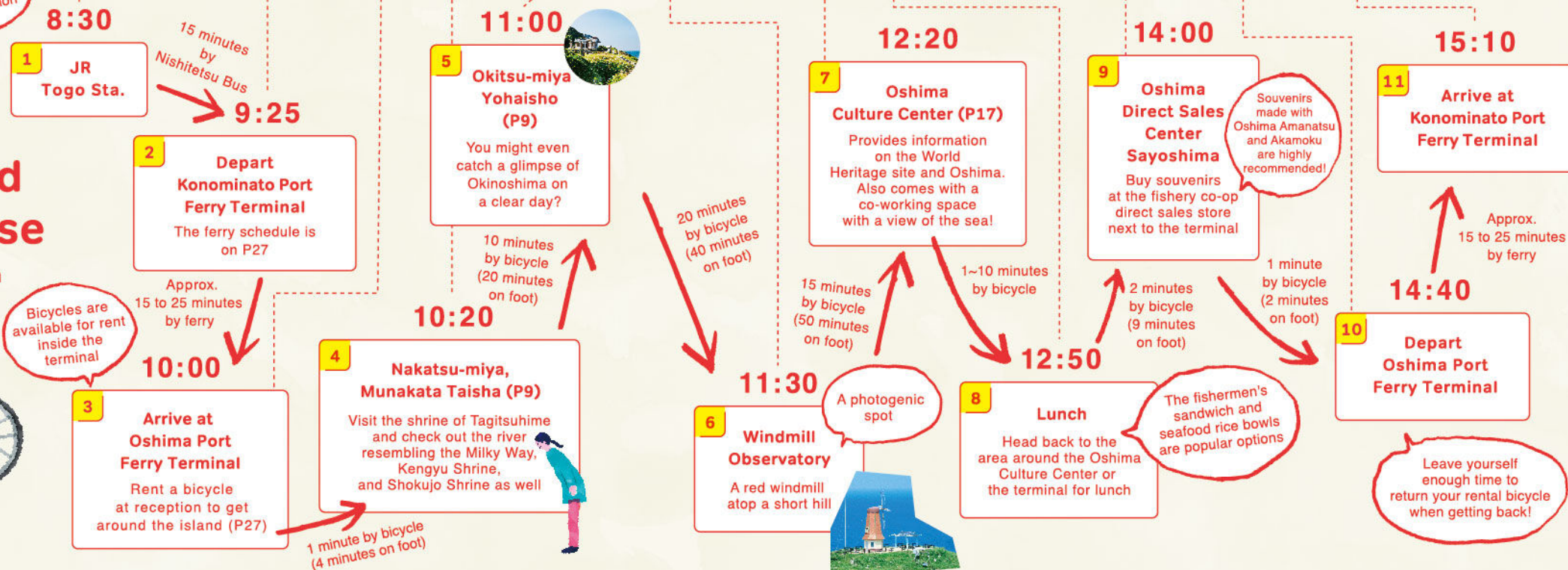


PLAN 2

Cycle Around Oshima Course

Rent a bicycle to refresh both body and mind!

Check!



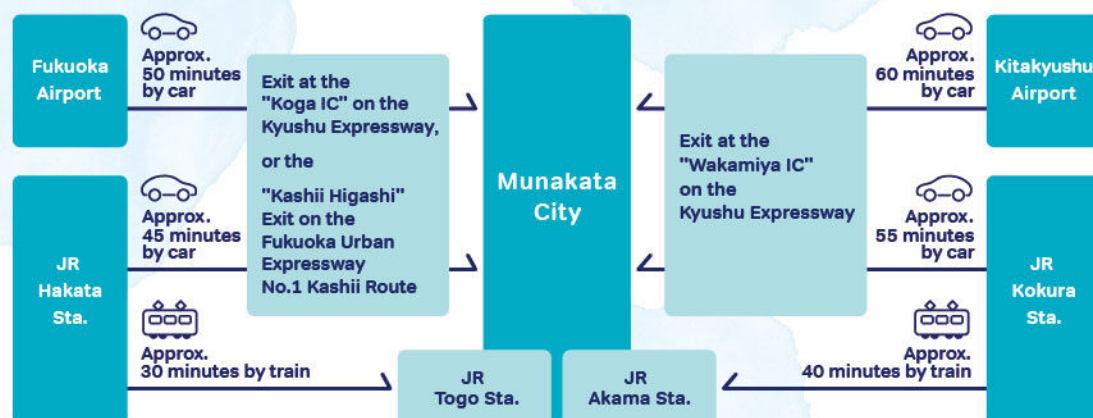
Map of Munakata



Many modes of travel to choose from

Access Information

Getting to Munakata



See here for more details on bus and JR services!



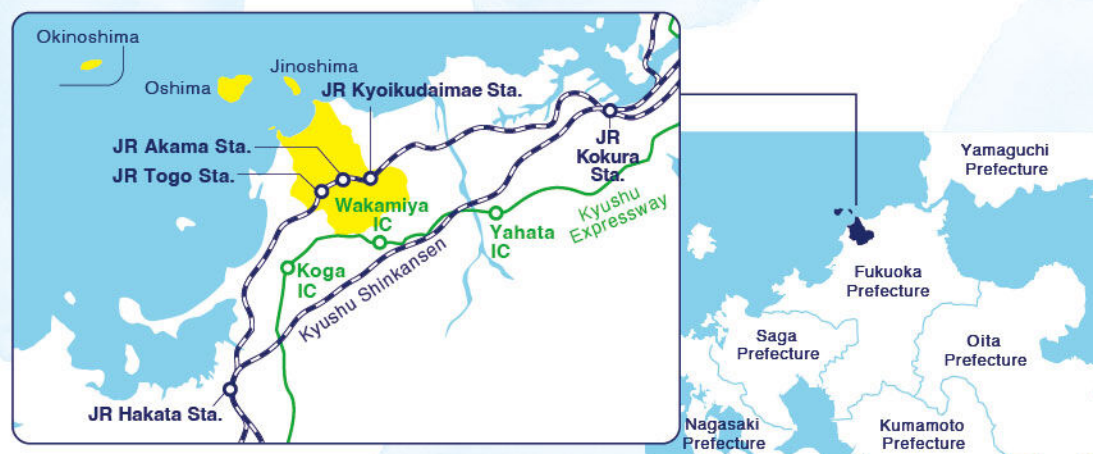
Munakata City
Fureai Bus/Community Bus



Nishitetsu Bus



JR Kyushu



Check here for more information on Munakata City!

<https://www.city.munakata.lg.jp/kanko/>



Munakata City

1-1-1 Togo, Munakata City, Fukuoka
PHONE: 0940-36-0037
WEB <https://www.city.munakata.lg.jp/>



Munakata Tourist Information Lab

1177-1 Eguchi, Munakata City, Fukuoka
(Road Station Munakata South Building)
PHONE: 0940-62-3811
WEB <https://genkai.com/munatabilab/>

Taxi

Munakata Nishitetsu Taxi Co., Ltd.	☎ 0940-32-4131
Munakata Green Taxi Ltd.	☎ 0940-33-3303
Minato Taxi Co., Ltd.	☎ 0940-33-1331
Shinsei Kotsu Ltd.	☎ 0940-36-2138
On Oshima Island Minato Taxi Oshima Branch	☎ 080-1741-3710

Rental Car

Cal Rent-a-car Togo Branch/Shinrin-toshi Branch	☎ 0120-076-014
Toyota Rent-a-car Akama Ekimae Branch	☎ 0940-32-0100
Orix Rent-a-car Munakata Branch	☎ 0940-38-8333
Guts Rent-a-car Fukuoka Munakata Branch	☎ 0940-51-8466
On Oshima Island Rent-a-car Oshima	☎ 080-1764-2103

Municipal Ferry

Travel to the islands by ferry!!

Just 25 minutes to Oshima and 15 minutes to Jinoshima from Konominato. Check the QR code for service updates. Walking trails, marine activities, and many more unique island experiences are waiting for you to explore!



[Oshima Ferry]

Oshima Port Ferry Terminal (0940-72-2535)

Ferry number	Departing Konominato		Departing Oshima	
	Vessel name	Schedule	Vessel name	Schedule
Ferry 1	Ferry "Oshima"	7:40	Ferry "Oshima"	6:50
Ferry 2	Ferry "Oshima"	9:25*	Ferry "Oshima"	8:35*
Ferry 3	Passenger vessel "Shiokaze"	11:15	Passenger vessel "Shiokaze"	10:15
Ferry 4	Ferry "Oshima"	13:50	Ferry "Oshima"	13:00
Ferry 5	Passenger vessel "Shiokaze"	15:30	Passenger vessel "Shiokaze"	14:40
Ferry 6	Ferry "Oshima"	17:10	Ferry "Oshima"	16:20
Ferry	Ferry "Oshima"	19:00	Ferry "Oshima"	18:00

Asterisk (*) marks denote times when a second ferry (Shiokaze) to Oshima is in operation on days when the ferry to Jinoshima is in operation.

- Fare (one-way) Adults 570 yen, children 290 yen
- Travel time: Around 25 minutes on the ferry Oshima, and 15 minutes on the passenger vessel Shiokaze

[Jinoshima Ferry]

Konominato Port Ferry Terminal (0940-62-3494)

Ferry number	Departing Konominato			Departing Jinoshima		
	Vessel name	Konominato Departure	Tomari Departure	Vessel name	Jinoshima Departure	Tomari Departure
Ferry 1	New Jinoshima	7:45	8:00	New Jinoshima	6:45	6:55
Ferry 2	New Jinoshima	10:05	10:20	New Jinoshima	8:40	8:50
Ferry 3	New Jinoshima	12:20	12:35	New Jinoshima	11:30	11:40
Ferry 4	New Jinoshima	15:10	15:25	New Jinoshima	14:10	14:20
Ferry 5	New Jinoshima	16:40	16:55	New Jinoshima	15:55	16:05
Ferry 6	New Jinoshima	18:20	18:35	New Jinoshima	17:30	17:40
Ferry	—	9:15*	—	—	10:25*	—

Asterisk (*) marks denote Jinoshima route ferries.

Only in operation on the second and fourth Wednesday of the month. This route is in operation by the passenger vessel New Jinoshima at all other times.

- Fare (one-way)
[Konominato-Tomari] Adults 380 yen, children 190 yen/
[Konominato-Shirahama] Adults 410 yen, children 210 yen
- Travel time: [Konominato-Tomari] Approx. 15 minutes/[Konominato-Shirahama] Approx. 25 minutes

Oshima On-demand Bus Service

KNOWROUTE



OPERATING HOURS	8:15 ~ 17:00 *No service December 31 to January 3
BUS STOPS	32 stops
FARE	300 yen / 1 ride 1,000 yen / 1 day pass
RESERVATIONS	Through the app or by phone

For details about other fees, see the website.

See bus stop details and get the dedicated app here!



Rental Bicycle



< Munatabi Lab Rental Bicycle >

FEE	1,000 yen / 3 hours 1,500 yen / 1 day	HOURS	9:00 ~ 16:00 *Reception for rentals closes at 15:00
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[Reception/Rental location]
Munakata Tourist Information Lab (Inside the Road Station Munakata)
☎ 0940-62-3811

< Oshima Rental Bicycle >

FEE	1,500 yen / 1 rental	HOURS	8:00 ~ 18:00
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[Reception/Rental location]
Oshima Tourist Information (Inside Oshima Port Ferry Terminal)
☎ 0940-72-2226



MUNAKATA CITY